

ABSTRACT

A padded shoe includes a flexible, resilient sole having a substantially outer surface. A shoe upper is adjoined to the sole, the shoe upper having closed-cell foam padding disposed therein. The shoe upper includes a padded tongue including an inner tongue portion and an outer padded tongue portion. Fastening structure retains the shoe on the foot of a wearer. Engagement structure is included for securing the outer padded tongue to cover the inner tongue portion. The outer padded tongue portion substantially covers the engagement structure. The wearer can strike a target with the shoe, and the target and the wearer are protected from injury caused by direct impact with the fastening structure and the engagement structure.